

Expanded coverage for members with diabetes

Effective March 1, 2020, coverage for Continuous Glucose Monitoring (CGM) systems and Flash Glucose Monitoring (FGM) systems will be added as a standalone Extended Health Benefit for eligible members with Type 1 diabetes or Type 2 diabetes who require intensive insulin therapy.



What is a Continuous or Flash Glucose Monitoring system?

A CGM system uses sensors attached to the skin along with a transmitter to continually measure glucose levels in people with diabetes. An FGM system is similar, but rather than output measurements constantly, FGM sensors must be scanned to view glucose levels. They replace other common, manual methods like finger pricking.

Devices send alerts in the case of high or low blood glucose levels, and some are compatible with smart phones. Popular devices include the FreeStyle Libre, the Dexcom G6 and Medtronic Guardian Connect.

What are the benefits of Continuous or Flash Glucose Monitoring?

People with diabetes need to monitor their blood glucose level constantly to ensure it doesn't get too high or low.

A CGM or FGM system can be a lifeline, alerting someone if their blood sugar gets too high or low and preventing complications – which can include severe confusion and seizures.

A finger prick reading gives only a number - it doesn't indicate a trend. However, FGM and CGM monitoring give patients a better idea of where their blood sugar is heading, which helps them make more informed decisions.

These systems offer concrete results for those with diabetes. According to *The Lancet*, a CGM system can reduce the risk of hypoglycemic events by 72 per cent.*

Reference:

*Heinemann L, et al. *Lancet*. 2018;391(10128):1367-77.

Eligible plan members will receive up to **\$4,000 per person per year** for CGM or FGM system components

Pre-authorization required

A pre-authorization form must be submitted prior to claiming for this benefit to confirm eligibility. The form is available for download at mb.bluecross.ca. Once approved, simply upload a health claim form with your receipts through your mybluecross® online account.

Questions?

For more information about the new CGM/FGM benefit, please contact us at **204.775.0151**.

Sincerely,

Manitoba Blue Cross